

TERRORISM FORCE TAKES OVER TIMES SQUARE PROBE 3

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Tuesday



ONLY GAME IN TOWN

The Nationals can win over D.C. if they step up to the plate **15**

STOCKPILE REPORT

The U.S. discloses details of its nuclear arsenal to the public **4**

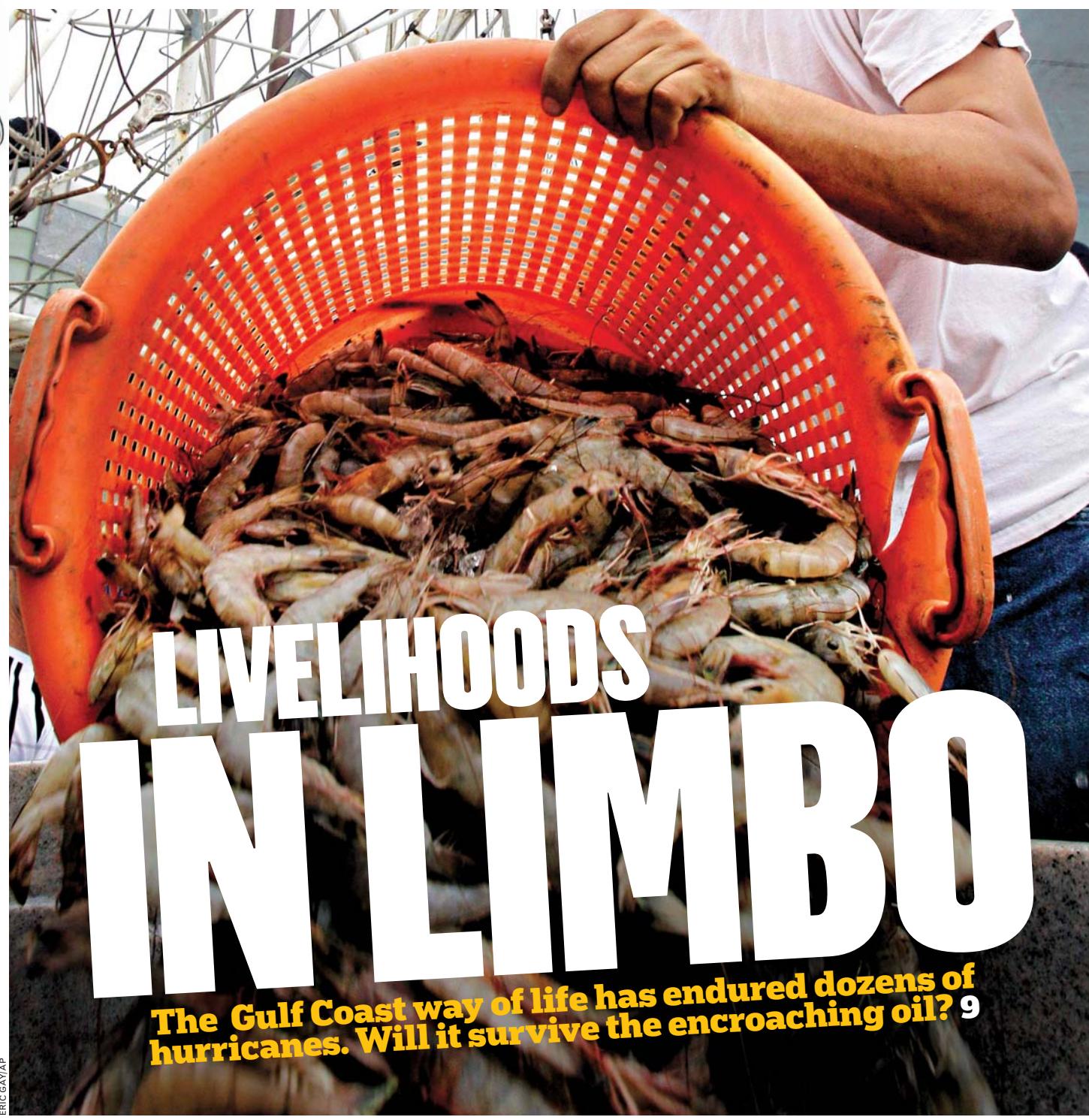
CLOSED SESSION

The Supreme Court shuts its iconic front doors for security **5**



FOR EXTENDED FORECAST, SEE PAGE 37

MAY 4, 2010 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**





EYE OPENERS

Deer Remind Humans Why Deer Aren't Scary

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday when two deer burst through the glass doors of a Menomonie, Wis., restaurant as patrons watched a Bucks playoff game. Customers and staff wrestled both deer to the ground. "[We] were still kind of in disbelief, but everyone was having a good time with it," said Jay Ouellette, general manager of the Stout Ale House. (AP)

"She just went on and on, and I just got so upset, I got up and slapped her across the face."

— THERESA COLLIER, 73, WHO WAS ARRESTED FOR SLAPPING HER 18-YEAR-OLD GRANDDAUGHTER AFTER THE GIRL "KEPT REPEATING THE F-WORD TO ME."

Alpha Centaurian Pilot's License Not Valid in U.S.

A SkyWest Airlines flight from Helena, Mont., to Salt Lake City was diverted to Idaho Falls, Idaho, after a passenger began banging on the cockpit door, saying he was a space alien and wanted to fly the plane. Other passengers on the Sunday evening flight helped restrain Matthew Kleindorfer, who faces misdemeanor counts of disturbing the peace and resisting arrest, and a felony count of battery of an officer. (AP)

The Big Picture

CHUNG SUNG-JUN/GETTY IMAGES



A KOREAN BOY sports a freshly shaved head at the "Children Becoming Buddhist Monks" ceremony at a temple in Seoul, South Korea, on Monday. The children will stay at the temple for 21 days to learn about Buddhism. The ceremony is linked to Buddha's birthday, which is celebrated on May 21 this year. (EXPRESS)

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JOHN PARTIPilo/AP

Rising floodwaters encircle a sign for the Hard Rock Cafe Monday in Nashville.

Floodwaters Force Residents Out of Nashville

Nashville, Tenn.

Nashville braced for more deaths Monday as the flooded Cumberland River continued to swell, sending muddy water rushing through neighborhoods and into parts of the historic heart of Music City after a destructive line of weekend storms killed 22 people in Tennessee, Mississippi and Kentucky.

Using motorboats, Jet Skis and canoes, authorities and volunteers rescued residents trapped in flooded homes. The flash floods caught the city off-guard, and thousands of residents and tourists were forced to flee as the river rapidly spilled over its banks. Eleven of the 12 people killed in Tennessee drowned, including six in Nashville. (AP)

Foreign Link Eyed in Bomb Scare

Officials say multiple suspects are likely in Times Square plot

Washington

An FBI-led terrorism task force has taken over the investigation of the failed car bombing in Times Square because of indications it was connected to international terrorism, a senior law enforcement source said Monday.

The probe had been overseen by the New York Police Department. Responsibility for it shifted to a Joint Terrorism Task Force as Obama administration officials said the incident increasingly appears to have been coordinated by more than one person in a plot with international links.

Several officials said it was premature to rule out any motive but said the sweeping investigation was turning up new clues. One law enforcement official cautioned that, while investigators are examining unspecified international communications that may be connected, "that doesn't get you



NYPD/AP

A frame from a surveillance video shows a suspect in the New York bomb attempt.

Progress Report

Attorney General Eric Holder on Monday said that investigators have made substantial progress in the investigation of the failed bombing attempt in Times Square. "I can assure the American people that this investigation is solid; it's under way; it is being run with our partners in New York and with state and local partners around the country," Holder said. (AP)



STEROIDS

Researchers on Monday reported the first scientific evidence that a hormone banned in sports can boost athletic performance. However, the improvement from human growth hormone was modest and was seen only in sprinting, the Australian researchers said. Human growth hormone, or HGH, is one of many substances banned by the Olympics and other sports even though there is little proof that it can enhance athletic performance. (AP)

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to an international plot."

Separately, the White House also characterized the incident for the first time as an attempted act of terrorism. "I would say that was intended to terrorize, and I would say that whomever did that would be categorized as a terrorist," said spokesman Robert Gibbs.

Another U.S. official, recounting a conversation with intelligence officials, said: "Don't be surprised if you find a foreign nexus. ... They're looking at some telltale signs, and they're saying it's pointing in that direction."

The emerging picture came as investigators searched for a man in his 40s who surveillance cameras caught changing his shirt in an alley and looking over his shoulder near where the car was parked. Authorities were also looking at another person seen running north on Broadway from the area.

New York City Police Commissioner Raymond Kelly said detectives had spoken with the registered owner of the car used in the bomb attempt but revealed no details other than that the man was not a suspect. (THE WASHINGTON POST)

Nation

U.S. Discloses Nuclear Stockpile

Pentagon says it had 5,113 weapons in its arsenal as of 2009

Washington

The United States has 5,113 nuclear warheads in its stockpile and "several thousand" more retired warheads awaiting the junk pile, the Pentagon revealed on Monday in an unprecedented accounting of a secretive arsenal born in the Cold War and now shrinking rapidly.

The Obama administration disclosed the size of its atomic stockpile going back to 1962 as part of

a campaign to get other nuclear nations to be more forthcoming and to improve its bargaining position against the prospect of a nuclear Iran.

"We think it is in our national security interest to be as transparent as we can be about the nuclear program of the United States," Secretary of State Hillary Rodham Clinton told reporters at the United Nations.

The United States previously has regarded such details as top secret.

The figure includes both "strategic," or long-range weapons, and those intended for use at shorter range.



Secretary of State Hillary Rodham Clinton said the U.S. wants "transparency"

The Pentagon said the stockpile of 5,113 as of September 2009 represents a 75 percent reduction since 1989.

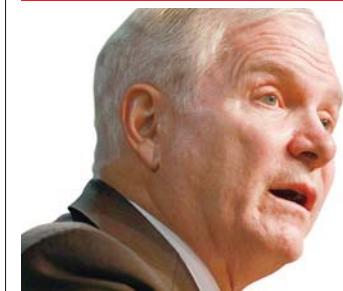
A rough count of deployed and reserve warheads has been known for years, so the Pentagon figures do not tell nuclear experts much they did not already know.

Hans Kristensen, director of Nuclear Information Project, Federation of American Scientists in Washington, said the import of the announcement is the precedent it sets.

"The important part is that the U.S. is no longer going to keep other countries in the dark," he said.

ANNE GEARAN (AP)

Hearsay



"Do we really need 11 carrier strike groups ... when no other country has more than one?"

— ROBERT GATES, DEFENSE SECRETARY, CALLING INTO QUESTION THE NAVY'S EXPENSIVE ARSENAL OF SHIPS AND SUBMARINES IN A SPEECH MONDAY.



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World

Ireland Cancels Flights as Ash Risk Returns

Dublin

All flights in and out of Ireland have been canceled for Tuesday morning because of the renewed risk of volcanic ash drifting south from Iceland, the Irish Aviation Authority announced Monday.

But experts said they couldn't tell whether the shifting winds would lead to wider European air-space shutdowns, mirroring last month's crisis, when more than 100,000 flights were canceled and airlines estimated they lost more than \$2 billion in business.

"We cannot really tell what it is going to do," said University of Iceland geophysicist Pall Einarsson.

The airport shutdown affects both the Republic of Ireland and the British territory of Northern Ireland. (AP)

Iran, U.S. Spar at Nuke Summit

At U.N. treaty review, Clinton says Tehran flouts global rules

United Nations

Iranian President Mahmoud Ahmadinejad and Secretary of State Hillary Rodham Clinton engaged in a verbal nuclear exchange Monday on the U.N. stage, where nations gathered for a monthlong debate over the world's ultimate weapons.

Speaking from the podium of the General Assembly Hall, Clinton accused Iran of "flouting the rules" of the Nuclear Nonproliferation Treaty with its suspect uranium enrichment program, and said it is "time for a strong international response."

For his part, Ahmadinejad earlier rejected such allegations, saying Washington has offered not "a



sus of all parties, including Iran, any final document would be highly unlikely to censure the Tehran government, which would block consensus.

Instead, as delegates assess the state of the NPT in U.N. conference halls, U.S. and European diplomats will be working elsewhere to reach agreement with sometimes reluctant China and Russia on a fourth round of U.N. Security Council economic penalties to impose on Iran.

"I hope that we can reach agreement in the Security Council on tough new sanctions," Clinton said, "because I believe that is the only way to catch Iran's attention."

Ahmadinejad devoted much of his half-hour speech to the huge U.S. nuclear arsenal, denouncing the Obama administration's refusal to rule out the use of those weapons. CHARLES J. HANLEY (AP)

Iranian President Mahmoud Ahmadinejad speaks at the United Nations on Monday.

single credible proof."

They were the opening salvos in four weeks of deliberations over how to improve the NPT, formally reviewed every five years in a meeting of all 189 treaty members — all the world's nations except India, Pakistan, Israel and North Korea.

The review conference is meant to produce a final document pointing toward ways to better achieve the NPT's goals of checking the spread of nuclear weapons, while working toward reducing and eventually eliminating them.

Because it requires a consensus of all parties, including Iran, any final document would be highly unlikely to censure the Tehran government, which would block consensus.

Taliban Chief Vows Strikes vs. U.S.

Kabul

The leader of Pakistan's Taliban appeared in a video Monday threatening attacks against the U.S. three months after American and Pakistani officials believed he died in a U.S. missile strike.

Hakimullah Mehsud's emergence occurred as a suicide bomber attacked the gate to a CIA base where seven agency employees were killed last December. The Pakistan Taliban claimed responsibility for that bombing, and Monday's attack could have been aimed at showing that the group was back in business despite months of setbacks from U.S. missile strikes and a Pakistani military offensive.



Pakistani Taliban leader Hakimullah Mehsud is in a video released Monday.

U.S. and Pakistani officials had been confident until recently that the 30-year-old Mehsud had been killed in a January missile strike. (AP)

Media advocacy

group Reporters Without Borders on Monday put Russian Prime Minister Vladimir Putin and Chinese President Hu Jintao on its annual list of press freedom "predators."

The group says the 40 leaders and organizations on the list "directly attack journalists." Newcomers include Yemeni President Ali Abdullah Saleh and Taliban overlord Mullah Omar. (AP)

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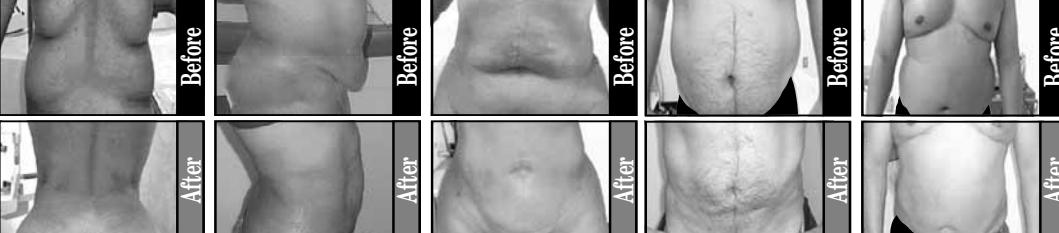


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Germany Gives Greece \$29.6B

Berlin

Chancellor Angela Merkel's Cabinet approved legislation on Monday that would give Greece \$29.6 billion over three years as part of a wider bailout, as the German government acknowledged that letting Greece go bankrupt could send the euro into a tailspin and hurt Germany's own economy.

"It doesn't only mean that we help Greece, but that we stabilize the euro as a whole, which helps people in Germany," said Merkel, who had been criticized for dragging her feet on any decision until Greek bonds were relegated to junk status last week. (AP)

Symbol of Resistance



WONGMAYE/AP

A MAN INSPECTS a barricade in front of a Thai anti-government protest camp in Bangkok on Monday. Eight weeks into the standoff between protesters and the government, Thai Prime Minister Abhisit Vejjajiva proposed holding new polls in November if the protesters accept his reconciliation plan.

Reports: N. Korea's Kim in China

Seoul, South Korea

Reclusive North Korean leader Kim Jong Il arrived on a luxury 17-car train in China on Monday, reports said, in what would be his first journey abroad in years as his regime faces a worsening economy and speculation it may have torpedoed a South Korean warship.

Photos taken in the Chinese port city of Dalian showed a man in sunglasses who appeared to be Kim getting into a car.

Kim's visit, if confirmed, comes at an awkward time for Beijing. The Chinese leadership has been trying to get Kim to agree to return to nuclear disarmament talks stalled now for a year, and believed that it had won Kim's assent last October.



Photos from Japan's Kyodo News agency purportedly show Kim Jong Il in China.

Since then, however, prospects for negotiations have dimmed. Pyongyang has been unwilling to comply with requests from the U.S. to resume the talks, and tensions have risen between North Korea and South Korea, partly over the mysterious ship sinking in March in which 46 sailors were killed. (AP)

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World

Pakistani Guilty In Mumbai Siege

India convicts lone surviving assailant in '08 terror attacks

Mumbai, India

An Indian court on Monday convicted the only surviving gunman in the bloody 2008 Mumbai siege, ruling Mohammed Ajmal Kasab was guilty of murder and waging war for his role in the attacks that left 166 people dead and deeply shook India. Two Indians accused of helping plot the violence were acquitted.

The verdict also implicated Pakistanis still at large in the attacks, which is likely to complicate recent attempts by Islamabad and New Delhi to rekindle formal peace talks. Calls for swift retribution rang out from the streets of Mumbai, while in Pakistan doubts swirled about India's intentions and the fairness of the trial.

The November siege reverberated across India. Millions watched on television as the violence stretched over three days, leaving corpses scattered through some of the city's best-known places.

The judge said Kasab, 22, had personally killed seven men



Mohammed Ajmal Kasab carries a gun in Mumbai, India, during the 2008 siege.

and, with his partner — who was killed by security forces during the attacks — had a hand in 47 more deaths.

Kasab, his face shadowed by a light beard, spent most of the two-and-a-half-hour proceeding slumped motionless in his seat. After standing briefly while the judge read out a summary of his guilt, Kasab sank silently to his seat and covered his eyes with his hand.

Kasab was convicted on nearly all the 86 charges against him, including murder and waging war against India.

A sentencing hearing was scheduled for Tuesday. Kasab faces a possible death sentence. ERIKA KINETZ (AP)

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La.'s Way of Life at Risk

The Gulf Coast's fishing industry faces incalculable damage due to the oil spill

Hopedale, La.

When Kenny LeFebvre is out of work, so are the two men who help him haul glistening blue crabs from the waters he's fished since he quit school at 14. So are his sister and brother-in-law, who sell him bait, buy back the catch, pack it up, then resell it to buyers who put it on dinner tables in Maryland.

And so are thousands of other families just like theirs in some of the world's richest fishing grounds, livelihoods in limbo as winds from exactly the wrong direction threaten to push an oil slick the size of Puerto Rico ever closer to the fragile, fingerlike bayous.

"I don't know what I'll do. I really don't," says LeFebvre, who unloaded 2,100 pounds of crab about 20 minutes before natural resource officials ordered the fishing zones in St. Bernard Parish closed. There was no sign of oil yet. Not even a whiff in the breeze. And the crabs had just started biting.

On Sunday, federal authorities banned commercial and recreational fishing over a wide swath of the Gulf of Mexico, from the mouth of the Mississippi to the Florida Panhandle, for at least the next 10 days. Now, the 600 traps LeFebvre dropped Friday morning will sit uncollected for weeks, he figures. Maybe months. Maybe years.

How he will support six children, ages 9 to 18, is beyond his ability to imagine. "I'm 35. I ain't never drove a nail in my life. This is what I know, right here," he says. "We starved all winter, and we was just getting to where we was making money and getting back on our feet."

More than birds and fish lie in the path of the massive oil slick threatening the Gulf Coast from Florida to Texas: A centuries-old way of life that's endured dozens of hurricanes is now facing the pos-



Eric Melerine releases crabs back into the water after pulling the trap because of the oil spill in the Gulf of Mexico on Saturday.

"It's like a hurricane coming: You sit and you see what's gonna happen."

— FISHERMAN NICKY ALFONSO, ON AWAITING THE SPILL'S FINAL DAMAGE.

sibility of environmental and economic disaster.

Water sustains the region's economy like blood in the body. Commercial and sport fishing businesses support dock services,

tackle shops and gas stations. Restaurants are Louisiana's largest private-sector employer, with 140,000 workers and a direct annual economic impact of \$5 billion. Wendy Waren, vice president of the Louisiana Restaurant Association, says nearly two-thirds of them serve some type of seafood.

Then there are some of the busiest shipping ports in the world, moving oil from offshore rigs up the Mississippi and Midwestern grain out to sea to feed the rest of the world. All are vital to world commerce and have a potential impact

on consumer pocketbooks.

Recreational fishing draws about 6 million saltwater anglers a year, supports more than 300,000 jobs and contributes \$41 billion dollars annually to the Gulf Coast economy, according to the American Sportfishing Association.

Louisiana is also America's top producer of shrimp, oysters, crabs, crawfish and alligators, shipping out 30 percent of all the seafood in the lower 48 states, says Ewell Smith, executive director of the Louisiana Seafood Promotion and Marketing Board. That adds up to an economic



Meanwhile ...

BP PLC gave some assurance Monday to shrimpers, oil workers and scores of others that they will be paid for damage and injuries from the explosion of a drilling rig and the resulting massive oil spill in the Gulf. The company Web site says BP takes responsibility for cleaning up the spill and will pay compensation for "legitimate and objectively verifiable" claims for property damage, personal injury and commercial losses. President Obama and several attorneys general are asking for details. (AP)

impact of \$2.4 billion a year.

Louisiana fishermen landed 90.4 million pounds of shrimp in 2008, or 44 percent of U.S. production, and 207 million pounds of oysters, or 36 percent of the U.S. total, Smith says. Any hiccup in production opens the door to foreign competition, which already accounts for 80 percent of the nation's seafood consumption.

Just as dangerous? Public perception. The industry could face consumer misconceptions that all Louisiana products are unsafe, Smith says, even though any contaminated areas will be closed.

"Thousands and thousands of people's lives is at stake here. If that oil comes down and they shut us down, we're out of business," said Russell Prats, who owns Tino Mones Seafood in Delacroix. VICKI SMITH (AP)

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2 Charged in Betts Murder Case

Slain D.C. principal's credit card provides police with key clue

Washington

Two men have been charged with murder in the slaying of D.C. principal Brian Betts, law enforcement sources close to the investigation said.

Both suspects are in their late teens and authorities know of no obvious connection to Betts before the day of the slaying, the sources said.

The arrests came after authorities on Monday morning charged



Detectives work at the home of a woman charged with using Brian Betts' credit card.

a 46-year-old District woman with using Betts' credit card. One of those charged in the killing is the woman's son, the source said.

Artura Otey Williams, of the 5300 block of 5th Street NW, is charged with two counts of knowingly receiving a stolen credit card with the intent to use it, attempted theft less than \$1,000 in value, and attempted fraudulent credit card use, police said.

Betts was found shot to death in his home in Silver Spring on April 15. He was the principal of Shaw Middle School at Garnet-Patterson in D.C. DAN MORSE, TOM JACKMAN, THEOLA LABBÉ-DEBOSE, MARIA GLOD AND MICHAEL BIRNBAUM (THE WASHINGTON POST)

Hearsay



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— MICHAEL M. KAISER, PRESIDENT OF THE KENNEDY CENTER, ON A \$22.5M DONATION TO CONTINUE THE ARTS TRAINING WORK AT THE CENTER. KAISER INITIATED THE PROGRAM THERE.

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Mikulski Files To Run Again For U.S. Senate

Annapolis, Md.

Maryland Sen. Barbara Mikulski has officially filed for re-election.

Mikulski formally submitted her campaign paperwork Monday morning in Annapolis, although she has been campaigning around the state for more than a week.

The 73-year-old Mikulski is running for her fifth term as a Maryland senator. She is the first woman to win election to the U.S. Senate without succeeding a husband and is often referred to as the "Dean of the Women" of the U.S. Senate. (AP)

Lacrosse Player Charged With Murder at UVa.

Charlottesville, Va.

A University of Virginia men's lacrosse player has been charged with first-degree murder in the death of a women's lacrosse player at the school.

Charlottesville police said that 22-year-old George Huguely of Chevy Chase, Md., is charged in the death of 22-year-old Yeardley Love of Cockeysville, Md.

Police were called to an off-campus apartment around 2:15 a.m. Monday about a possible alcohol overdose. Officials say there were signs of physical trauma. (AP)

washingtonpost.com



LINDA DAVIDSON/TWP

EMPLOYEES AT ALPHAGRAPHICS joke around for a moment during work in Alexandria in April. During the recession, the company has lost three employees due to layoffs. For those who remain, the mantra of "doing more with less" has changed the intensity of daily life. | washingtonpost.com/local

The Lotteries

Monday, May 3

District

Mid-day Lucky Numbers	2-8-0
Evening Lucky Numbers (Sun.)	6-3-9
Mid-day DC 4	6-8-3-7
Evening DC 4 (Sun.)	4-0-0-9
Mid-day D.C. Five	5-3-0-1-3
Evening D.C. Five (Sun.)	2-1-4-5-6
Daily 6 (Sun.)	3-5-19-21-34-36 (38)

Maryland

Mid-day Pick 3	3-8-7
Evening Pick 3 (Sun.)	8-3-4
Mid-day Pick 4	8-2-6-9
Evening Pick 4 (Sun.)	4-6-0-9
Match 5 (Sun.)	10-13-16-22-38 (27)

Virginia

Mid-day Pick 3	6-8-8
Evening Pick 3 (Sun.)	6-3-6
Mid-day Pick 4	9-0-1-6
Evening Pick 4 (Sun.)	4-9-5-3
Mid-day Cash 5 (Sun.)	11-21-25-28-30
Evening Cash 5 (Sun.)	7-15-17-19-28

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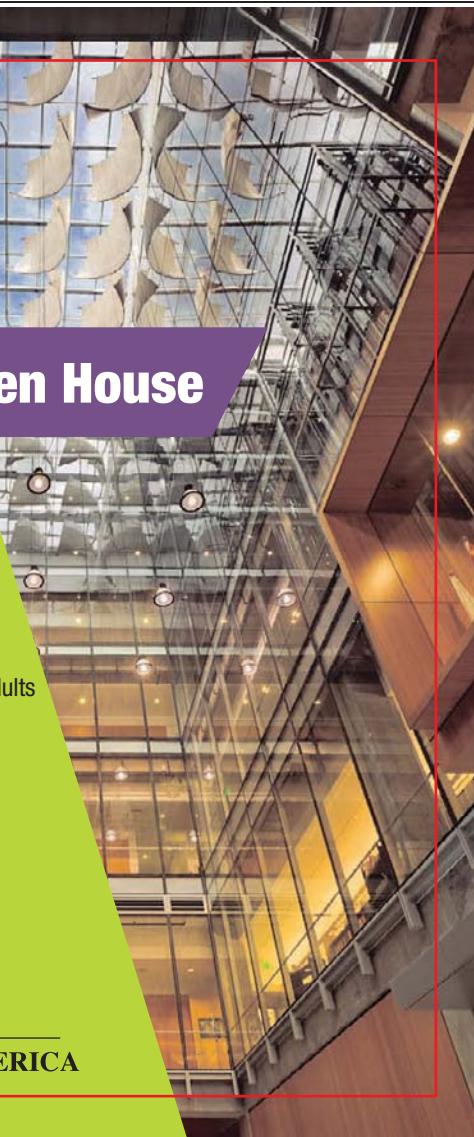
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Nationals Can Win Over the City

Other teams' failings leave open the chance for a summer of love

Commentary

The window is now open for the Nats. For three months, until the Redskins rev up again, the town is theirs if they can take it.

Few franchises, especially one that botched its first two years in a new park, ever get a second chance to make a first impression. But the Nats got lucky. Every accident of timing has conspired to make the Nats the main game in town for the next 100 days.

The party-hearty Caps are out of the playoffs. The gun-totting Wiz are long gone. D.C. United is now as bad in soccer as the Nats were in baseball the last two years. No college sport offers competition. Even the PGA Tour isn't here this summer.

Basically, if you enjoy big-time local live sports, you can go to Nats Park — there's now tons of parking, and the team is 13-12 with Stephen Strasburg coming pretty soon —



CHARLES REX ARBOGAST/TWP

Adam Dunn and the Nationals are 13-12 entering a stretch of 20 games in 20 days.

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or you can, well, there really isn't anything else until the Redskins' first exhibition game.

Will the Nats grab their chance?

It won't be easy. But if they can survive their tough schedule over the next 15 games and stay near .500, we might be fanaticizing about wild card scenarios until July 30. Almost every season a couple of unlikely teams delight their fans until the dog days hit in August. They seldom make the playoffs, but they certainly make a lot of new friends. With the breaks, that could be the Nats.

Such best-case scenarios, however, will have to be battled for every

day because no game is easy for the Nats. They're still the sport's underdog. Their battery on Tuesday will exemplify it: old Livan Hernandez and Ivan Rodriguez.

No team wanted either for a starting role in the offseason. Now, Livo's ERA is 0.87, second best in baseball, and if Pudge (.400) had a few more at bats, he'd qualify as the game's leading hitter.

In addition to tangible improvement to the Nats roster, there's also the indisputable element of "buzz." The Nats finally have it.

Unless the Nats are completely allergic to great publicity, they will identify the first week of June as an almost unprecedented chance for maximum exposure. Call up Stephen Strasburg for his major league debut during the home series against the Reds on June 4, 5 and 6, then, on June 7, use the No. 1 overall draft pick to select Sports Illustrated cover boy Bryce Harper. This isn't a "could happen." It's probably going to happen.

But, for now, the Nats face 20 games in 20 days — the first 15 against a stiff schedule. If the Nats can make battle through May, as they survived April, reinforcements and buzz are on the way.

(THE WASHINGTON POST)

TV Lineup

NATIONALS (7 P.M., MASN)

The Nats return home to face the Atlanta Braves for the start of a three-game series.

NBA PLAYOFFS (8 P.M., 10:30 P.M., TNT)

The Orlando Magic tips off against the Atlanta Hawks in Game 1 of that series before Kobe Bryant and the Lakers seek to take a 2-0 lead over the Utah Jazz.

NHL PLAYOFFS (7 P.M., 9:30 P.M., VERSUS)

The Montreal Canadiens have home-ice advantage in Game 3 against the Pittsburgh Penguins, and the San Jose Sharks can take a 3-0 lead against the Detroit Red Wings.

S. African Stadium Workers Get 'Dream Ticket'



ADAM KILGORE (THE WASHINGTON POST)

250K

The amount, in dollars, that the golf clubs Tiger Woods used to capture his "Tiger Slam" in 2001 are available for on eBay. According to the listing, the Titleist brand irons were "given personally as a gift from Tiger to the seller." (BLOOMBERG)

WORLD CUP ORGANIZERS present a "dream ticket" to South African construction workers in Johannesburg Monday. FIFA is giving free entrance to matches in summer's soccer extravaganza to stadium workers as a reward for their effort.

Chemistry Keys Nats' Early Run

The Nationals

Hours before each of their actual games, about a dozen members of the Washington Nationals form a circle in front of their dugout, like kids playing Hacky Sack at recess, to play a different kind of game. Most are players, a few are coaches. Some speak Spanish, some speak English. All of them, by the end, are laughing.

The game, imported from Latin American winter leagues, is called "Flip." Using their gloves, players smack a baseball at one another. When the ball hits the ground, the responsible party is eliminated. The knockouts continue until one player remains, a process filled with playful taunting and capped with jocular boasting.

The popularity of Flip is notable for one primary reason: "We didn't do anything like that last year," outfielder Justin Maxwell said.

The Nationals (13-12), an infusion of veterans mixing with young players who rose together through the minors, learned early on an elemental aspect of their team: They liked one another. By the end of spring training, they had developed a camaraderie lacking in recent seasons. "The whole clubhouse atmosphere is way better than it was last year," Maxwell said. "It's a lot more fun coming to the ballpark every day."



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Sports

Redskins Release Five Players

Receiver Mitchell is the biggest cut ahead of second minicamp

The Redskins

After the team's first minicamp, Redskins Coach Mike Shanahan said he was disappointed by the performances of some players, a declaration that could've sealed the fates of a handful who will not be around for the second minicamp.

The Redskins released five players Monday, including Marko Mitchell, a fan favorite who made his mark in the 2009 preseason, and Anthony Montgomery, who



JOHN MCDONNELL/TWP

Marko Mitchell catches a touchdown as part of his strong 2009 preseason.

appeared in 42 games from 2006 to 2009 on the defensive line.

Just four days before the second offseason minicamp is scheduled to begin, the Redskins also

released running backs Anthony Alridge and P.J. Hill, and receiver James Robinson. But Mitchell's name was the one that likely was most surprising to fans.

A seventh-round draft pick out of Nevada in 2009 — the final selection Vinny Cerrato, the team's former executive vice president of football operations, made for the organization — played in 10 games last season and had only 32 yards on four catches.

But he raised the hopes of many with a strong preseason, one in which he posted 113 yards on 11 receptions and had touchdown grabs in each of the final three games. **RICK MAESE**
(THE WASHINGTON POST)

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Sports

In Brief



Former Wizards coach Doug Collins says he's "intrigued" by the 76ers job.

PRO BASKETBALL

76ers Interview Collins

Former NBA coach Doug Collins says he's "intrigued" by the possibility of returning to Philadelphia to coach the 76ers. Collins says he met with 76ers general manager Ed Stefanski and other team officials for five hours Saturday. (AP)

PRO BASKETBALL

Shinn to Sell Hornets

New Orleans Hornets majority owner George Shinn has reached a deal to sell his shares of the team to minority owner Gary Chouest, according to a person familiar with the negotiations. The club is planning an announcement on Wednesday afternoon, the person told The Associated Press on Monday. (AP)

COLLEGE BASKETBALL

Hofstra's Welsh Resigns

Hofstra basketball coach Tim Welsh resigned Monday, three days after he was charged with drunken driving and only a month after he was hired at the Long Island school. The 49-year-old Welsh, a former coach at Iona and Providence, spent the last two seasons as a commentator for ESPN. (AP)

GOLF

Mickelson Could Be No. 1

That 15-foot birdie putt Phil Mickelson made on the final hole at Quail Hollow meant more than an extra \$130,000 for finishing in second place alone. It put him in position to become No. 1 in the world. Mickelson could reach the top spot in the world ranking for the first time in his career by winning the Players Championship, provided Tiger Woods finishes out of the top five. (AP)

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fit



Guinea Pig | Real Muscle

Alas, it's not aerobics set to "Tardy for the Party." Instead, the first fitness DVD by a woman from Bravo's "Real Housewives" franchise is "Body by Bethenny" (\$16.99), featuring Skinnygirl chef Bethenny Frankel. She's joined by instructor Kristin McGee for a 40-minute yoga workout. Frankel's jokey griping is a bit much, but it's a down-to-earth routine suitable for just about anyone, followed by mini strength training and "booty blast" segments.

Body Talk



COURTESY SAFeway

The Meet Market

Everyone's favorite thing about Safeway stores in D.C. is their nicknames. There's the Soviet Safeway (long lines, empty shelves), the Not-So-Safeway (or the Un-Safeway, your pick), the Secret Safeway. There is also, of course, the Social Safeway: the Georgetown store where mingling is on everyone's shopping list.



By Vicky Hallett

Actually, make that "was," because it's been closed for renovations. That changes Thursday, when the store (at 1855 Wisconsin Ave. NW) reopens as a 24-hour "lifestyle" location. Along with the vast wine department and gelato bar, there will be some healthy features, including the largest organic produce department in the city, a 9-foot-long gluten-free zone and a natural products aisle, pictured.

The most important change, however, won't be anything you can buy. With the opening, Safeway is announcing its partnership with the Alliance for a Healthier Generation to build gardens at 10 D.C. public schools. Hopefully, it'll produce students who like to eat fruits and veggies, and maybe it'll even make way for another nickname. What do you think of the Social Conscience Safeway?



COURTESY DAVID ROMANELLI

He dubbed his style Yeah Dave Yoga because he used to ask loads of hypothetical questions and pals would reply, "Yeah, Dave."

Down Dog Dinner

Try a yoga practice for a rather unusual appetizer before a three-course meal

Mindful Living

Most yoga classes finish up with savasana — aka corpse pose — the least demanding of all possible positions. Laying flat on your back with your eyes closed is a pretty sweet way to wrap up a practice, but how's this for an even sweeter one? Strawberry and rhubarb "gratin" served with black pepper sabayon and pound cake streusel.

That's the third course planned for Friday night's dinner at Zola (\$70 excluding tax and gratuity;

6:30 p.m.; 800 F St. NW; 202-654-0999; Zolawinekitchen.com), the latest stop on David Romanelli's nationwide food and yoga tour.

"Instead of rolling up the mat and going home, let's savor a meal together," suggests Romanelli, the founder of Arizona's At One Yoga who's pioneered the pairing process with his popular "Yoga + Chocolate" and "Yoga + Wine" programs (also being offered in town this weekend, see box for details).

While he's often been derided as gimmicky by many in the yoga establishment, Romanelli counters that these sorts of events make yoga more accessible to the masses. They help people figure out how to take what

Schedule

Just a Taste

Romanelli is eating and sipping his way across town this weekend. On Saturday at 1 p.m., his "Chocolate Chakra Tour" arrives at East Meets West Yoga Center (\$40; 144 Church St. NW, Vienna, Va.; 703-281-2431; Eastmeetswest.com). Then he heads to Sacred Space Yoga (5624 Randolph Road, Rockville, Md.; 301-231-0022; Sacred-spacerockville.com) for "Yoga + Miracles: With Wine Anything is Possible" (6:30 p.m.), and "Chocolate-Covered Happiness" (May 9, 12:30 p.m.). It's \$45 for either workshop.

they learn in their physical practice and apply those lessons to everyday life. "Instead of feeling you need to strap on a loincloth, become a vegan and move to India, recognize that a glass of wine is all you need to get into the moment," he says.

Or, in this case, a few glasses of wine along with plates of gourmet cuisine. The idea is that after getting in touch with your body and your senses, you're able to think about your meal in a new way. "We're taking cues from the slow-food movement," he says. "You have greater awareness of subtleties, like the freshness of vegetables."

For the culinary part of the evening, Romanelli turns the show over to the kitchen gurus — in this case, executive chef Bryan Moscatello — who can share the inspiration behind the dishes and where the ingredients came from. (In case you're wondering, the first two courses are a warm Rappahannock River oyster salad with cucumber ranch dressing, and your choice of pea and brie ravioli or sockeye salmon confit.)

Formats for his programs vary by city, but "Zola is going to be more of a dining experience," Romanelli says, meaning that instead of eating from a cross-legged position on your mat, you'll get up and head to a table.

Not that there would be anything wrong with chowing down while hanging out on a Manduka. "It's not this thing where people are gross," he adds. The hour-long practice, a "mellow vinyasa flow" for all levels, is accompanied by Romanelli's eclectic soundtrack selections, which range from the Grateful Dead to Vampire Weekend.

In other words, there should be something to suit everyone's taste even before they get to dinner. **VICKY HALLETT (EXPRESS)**



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

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How to Stop the Creep's 'Game'

Q

My friend's husband is way too touchy-feely with me. Most disturbingly, he seems to be playing a game with me lately, having taken something of mine and trying to get me to come back for it. I genuinely enjoy spending time with her, and they do seem to have at least an amicable partnership. So, how can I maintain our friendship without (a) rocking the boat by letting her know I think her husband is a creep and (b) getting any closer to him than I feel comfortable? **CREEPED OUT**

Start directly with the creep: "I haven't been comfortable with the way you've been acting. It'd be great if this could be nipped in the bud without having to have a larger discussion with Emily." If that doesn't work, then the larger discussion is inevitable; she needs to know that he's jeopardizing your friendship, even if you don't go so far as to call him names. "He sometimes acts strange around me — he might not mean anything by it, but it's making me uncomfortable" should be enough to start a dialogue. Nowhere in the commandments of friendship does it decree that you have to put up with lecherous behavior from a friend's husband.

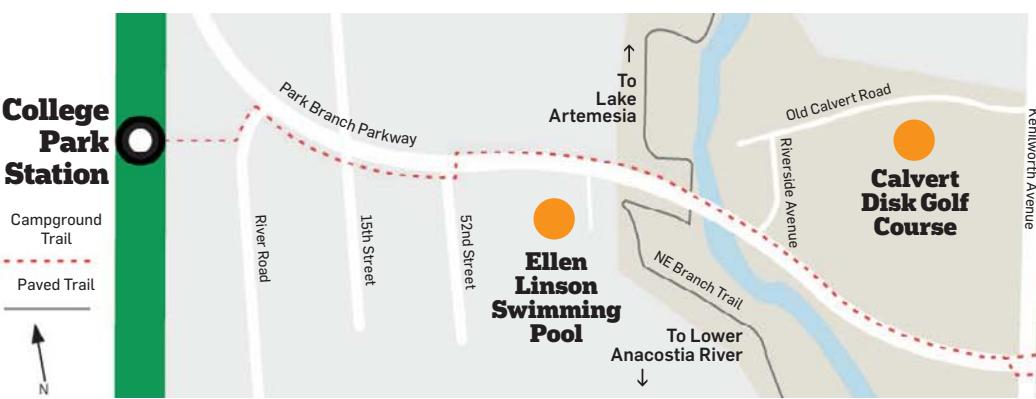


@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Name Changer

The name Studio Serenity (2469 18th St. NW, Studioserenity.com) was misleading, considering the practice inside was vigorous heated vinyasa, says owner Katja Brandis. So, it's getting a new moniker along with an additional location. The second branch of the Studio DC (1710 Connecticut Ave. NW, Thestudiodc.com) opens this Saturday with a party — nibbles, massages, demos, tunes and more — and free classes through May 14.



Green Line to Camping

No wheels? No prob. You can still go on a weekend camping trip in Greenbelt

Outdoors

Any Metro ride can seem like an adventure these days. But Washingtonians often forget that when you get bored of wonk-watching in the urban jungle, you can head to the real wilderness. Just swap your briefcase for a backpack and head to Greenbelt Park (Nps.gov/gree), a year-round campground a mere 13 miles from the White House — and an easy walk from the appropriately named Green Line.

A quick mile-and-a-half hike from the College Park station down Paint Branch Parkway will deliver you to one of Greenbelt's 174 campsites. They almost never fill up (although reservations are available). And at \$16 a night, camping via public transportation is a bargain getaway.

"I felt really caught off-guard when I got to the park," says Luke Black, a traveler who chose to camp in Greenbelt while in town for a conference. "The whole trip to the park is urban, and then suddenly you are in the forest." Encircled by subdivisions and highways, campers close their eyes at the end of the night to the orange glow of city lights.

But don't let the park's proximity to civilization scare you away.



A Fair Fare: It's only a couple bucks to ride the ultimate recreational vehicle — the Metro — to Greenbelt Park. Once you arrive, a walk along waterways surrounded by wildflowers will make you forget you're just a half-marathon from home.

Just 100 years ago, the park was depleted farmland. But nature has returned the forest of the past.

The sights are definitely straight out of the Discovery Channel. Greenbelt Park's hills provide ample refuge for red foxes and an abundance of whitetail deer. You can keep an eye out for them as you explore more than 10 miles of hiking trails and running paths. Also on view right now:

gorgeous wildflowers.

Although Greenbelt certainly won't be confused for Yellowstone, its modest 1,100 acres of reclaimed farmland showcase nature's ability to recover. About 100 years ago, farmers plowed and tilled fields of tobacco and corn on this land

until the soil was worn out and depleted. Yet, in time, the forest began to regain its vitality. (Makes you wonder what would happen if we wanted to turn Tysons Corner into a national park.)

There are two Metro stops within reach of the park, Greenbelt and College Park. Illogically, Greenbelt is the farthest away of the two and lacks direct access — unless you're into trespassing and stream-hopping. From College Park, the route (featured on the map above) to the campsite features a fine array of pleasant diversions sprinkled along the

Stop & Shop

Gearing Up

The Greenbelt Metro station isn't the closest one to the park. But you might want to swing by there anyway, because it's just a short walk from the College Park REI (9801 Rhode Island Ave., 301-982-9681, Rei.com), where you can rent gear for your trip, including tents, camp stoves and sleeping bags. The store is organizing a volunteer outing to Greenbelt Park on National Trails Day (June 6) for trash pickup and more.

roadside trail.

Ellen Linson Swimming Pool site (Pgarks.com) has way more than 50-meter lanes. There's a volleyball court, basketball hoops and a bike rental service, which comes in handy if you're interested in cruising the trails up to Lake Artemesia or down the Anacostia tributary trail.

The pool is also adjacent to an 18-hole Frisbee golf course and hosts a Saturday morning farmers market, which makes it possible to buy supplies on the way to the campsite.

The beauty of Greenbelt Park's proximity to the heart of Washington is that even if you don't bring your trail mix, you could hop back on the Metro and head over to U Street for brunch after "roughing it" the night before.

But for Black, a trip to Greenbelt Park was simply about stepping out of his routine: "I wanted to camp in the city, even if that is sort of an oxymoron." WILLIAM SHUBERT



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Get Rid of Secret Salt

Lower your sodium intake — and your heart disease risk — by fixing your diet

Shopping List

Salt adds flavor to foods, but too much can wreak havoc on your health. Watch out for these foods to avoid sodium overload.

Raw chicken: Salt solutions are pumped into chicken parts to plump them up. Check the label for fine print that says something like “10 percent broth solution.” That means you can expect as much as 60 mg sodium in one chicken breast. Look for chicken that doesn’t come with an added broth solution.

Noodles: Italian pasta is fine. But plain Japanese somen noodles carry 280 mg of sodium per cup, without the salted broth they’re usually served in. Even worse: seasoned ramen noodles, at 1,434 mg per package. Switch to soba noodles, at only 68 mg per serving.

Precooked Frozen Shrimp: It's just steamed shrimp, right? Wrong. Most cooked, frozen shellfish in stores was processed with salt. Expect about 222 mg sodium for



ISTOCK

Not dumping spoonfuls of salt on your food? You still might be eating too much of it.

3 ounces. Buy yours at the fish counter; they'll even steam, peel and devein the shrimp for you.

Frozen Dinners: A Swanson Hungry Man Meatloaf Dinner weighs in with 1,870 mg of sodium. Even though it sounds innocuous, Uncle Ben's Spicy Beef & Broccoli Rice

Bowl contains 1,550 mg, thanks mostly to soy sauce. If you insist on the convenience of Uncle Ben, try his Sweet & Sour Chicken Rice Bowl instead, at 620 mg, which is still rather high. Your best bet is to cook up your own stir-fry.

Cornflakes: A big bowl (2 cups) of

Sky-high sodium levels in food have convinced the FDA to start regulating legal levels next year.

this all-American breakfast cereal has 532 mg sodium. Better options: whole-grain cereals. For example, a chunk of shredded wheat has only 6 mg; 2 cups of cooked oatmeal has less than 5 mg.

Ketchup and Mustard: Ketchup has 167 mg per tablespoon; mustard, 168 mg. Spread 'em thin.

Smoked Trout, Salmon or Turkey: Smoke is what you taste; sodium is what you consume. Before they're smoked, these foods are soaked in a salty brine. Smoked salmon has more than 600 mg of sodium in a 3-ounce serving. Limit the smoked stuff to special occasions.

Cottage Cheese: This popular protein source has 918 mg of sodium per cup. Low-sodium versions contain just 29 mg. Or substitute hard cheese and some milk. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Two of a Kind



Super-Juiced

Is a tall glass of OJ not enough to get you going in the morning? Instead of grabbing a cup of coffee, too, you can combine the perk and the pulp with the next generation of energy drink.

► Natural Energy (\$1.59)

Minute Maid's strawberry kiwi cooler is made with yerba mate, a pick-me-up plant. Each serving has 25 to 29 mg of caffeine (a hint less than a can of Coke), so it's more of a nudge than a jolt. And despite the fruit juice (27 percent), it has virtually no vitamins.

► AMP Energy Juice (\$1.99)

Both the orange and mixed berry flavors are 100 percent juice and, thus, have actual nutritional value (such as 100 percent of your vitamin C). Plus, you get 120 mg of caffeine (think a mug of java)—and, unfortunately, an odd smell and unpleasant aftertaste.

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Sound Bets

School's Out

The Hold Steady reminds many of mid-'70s Springsteen, but the band also evokes the 1993 movie "Dazed and Confused," about growing up in small-town Texas in 1976. The "field party" scene, where the kids' high school social strata melt and mingle under the influence, captures every-

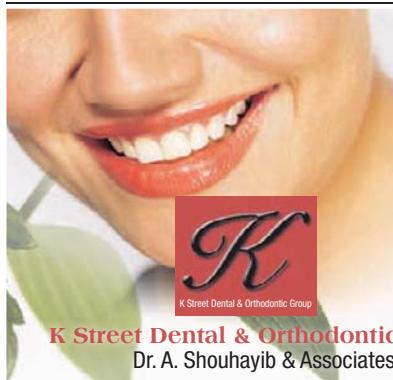
thing the Hold Steady sings about: small-town isolation, youthful idealism, fear and faith in the future.

But the Hold Steady's fifth album, "Heaven Is Whenever," recalls another "Dazed" scene, where Wooderson says, "That's what I love about these high school girls, man. I get older, they stay the same age."

Yes, "Heaven Is Whenever" is filled with alienation anthems, sing-along songs and punk-informed classic rock, but now the band feels like the old guy still hanging with the schoolkids. Even the return of producer Dean Baltulonis, who helmed the band's stunning first two CDs, highlights the record's stuck-between-stations feel.

Like Wooderson, "Heaven Is Whenever" isn't bad; you just won't want to hang out with it much.

Comments? Give Christopher your feedback: expressnightout.com/soundbets



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Model Citizen

Naomi Campbell talks to Oprah about her frequent outbursts **39**

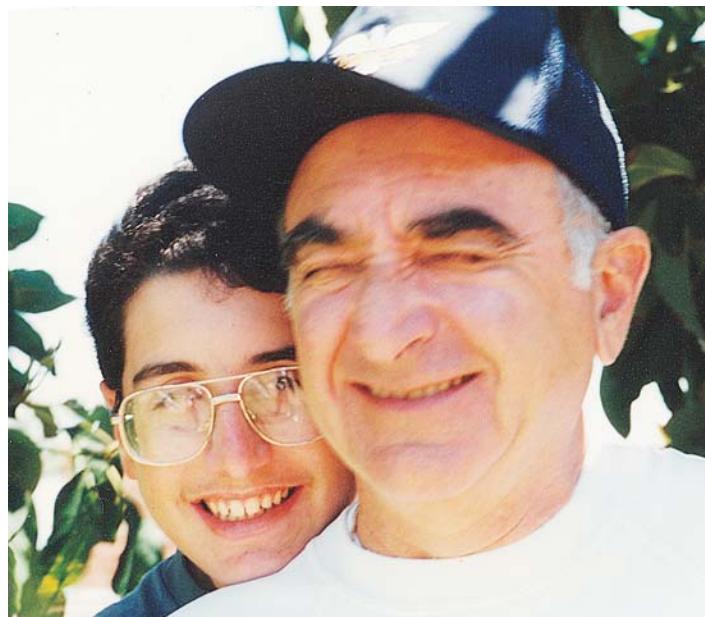
[Expletive] Family Values

Justin Halpern paints a funny but loving portrait of his pop in 'Sh*t My Dad Says'

Book Review

While countless fathers may seem like pretty cool guys, probably none of them would tell you to "pick up your [sh*t] so you don't leave your bedroom looking like it was used for a gang bang." Or advise you to "try not to piss yourself" when sleeping over at a friend's house. For those hilarious quotes and dozens more, Justin Halpern's book, "Sh*t My Dad Says" (\$16, It Books), is a fantastic continuation of his relationship with his father, Sam Halpern, whose quotes have been fueling the younger Halpern's Twitter feed.

If you follow Justin Halpern's Twitter feed, you're aware of Sam Halpern's blatantly vulgar and uproariously funny quips, whether discussing his own life ("War hero? No. I was a doc in Vietnam. My job was to say 'This is what happens when you screw a hooker, kid. Put this cream on your pecker.'") or his



COURTESY OF THE HALPERN FAMILY

Justin Halpern, left, has turned his dad's vulgarities into the stuff of Twitter legend.

Television | A Big Name in the Biz

Justin Halpern's book isn't the only project based on his popular Twitter feed — a CBS pilot is also in the works. Playing Sam Halpern is none other than William Shatner. "He was our first choice," Justin told CBSNews.com. "It was crazy. Shatner is a pop icon, so it was surreal meeting him and working with him." (EXPRESS)



expressnightout.com ► 'Real Housewives of New Jersey's' Danielle Staub speaks out about the past, present and future ► Last year's plus-zombies revamp gets its own update: 'Pride and Prejudice and Zombies: The Graphic Novel' ► Get entertainment updates from Express all day: Twitter.com/expressnightout

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

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1 Move Over, Tarantino

Sure, the AFI's Korean Film Festival is exciting, especially if you like subtitles. But we're most stoked about "The Good, the Bad, the Weird," a tribute to spaghetti Westerns that's all about bounty hunters and treasure. Free tickets will be distributed on the day of the show. **F.Z.** **AFI Silver, 8633 Colesville Road, Silver Spring; 7 p.m. free; 301-495-6720, Afi.com/silver. (Silver Spring)**

2 Altered State

This one-night-only exhibit is one-night-only on purpose: Artist J.W. Mahoney wants it that way. Bah, creatives. Anyway, the photos on display were taken at the site of Mahoney's first acid trip, amid rock formations and ice structures, 40 years ago. Maybe if you look at them you'll see multicolored geckos coming to spread a message of peace and love. Whatever happens, it'll be a trip. **F.Z. Curator's Office, 1515 14th St. NW; 6:30 p.m., free; 202-387-1008, Curatorsoffice.com. (Dupont Circle)**



3 Hops to It

It's easy to pontificate about vineyards and vintages like you're the wine critic for Pretension Magazine, but what do you say about beer — other than "It's very hoppy," which everyone can see right through? Join City Paper beer critic Orr Shtuhl at Granville Moore's for five courses, six beers and so much knowledge that you might even remember some of it after six beers. **F.Z. Granville Moore's, 1238 H St. NE; 7 p.m., \$65; 202-399-2546, Granvillemoores.com.**

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lookout entertainment

Acting Dynasty Loses a Player

Stage and screen artist Lynn Redgrave dies at the age of 67

Obituary

Lynn Redgrave, an introspective and independent player in her family's acting dynasty who became a 1960s sensation as the freethinking title character of "Georgy Girl" and later dramatized her troubled past in such one-woman stage performances as "Shakespeare for My Father" and "Nightingale," has died. She was 67.

Redgrave died Sunday night at her Manhattan apartment. "Our beloved mother Lynn Rachel passed away peacefully after a seven-year journey with breast cancer," her children said in a statement.

The youngest child of Michael Redgrave and Rachel Kempson, Lynn Redgrave never quite managed the acclaim — or notoriety — of elder sibling Vanessa Redgrave but received Oscar nominations for "Georgy Girl" and "Gods and Monsters," and Tony nominations for "Mrs. Warren's Profession," "Shakespeare for My Father" and "The Constant Wife." In recent years, she made appearances on TV in "Ugly Betty," "Law & Order" and "Desperate Housewives."

"She was adored by audienc-



Lynn Redgrave made a name for herself in the cheeky 1966 movie "Georgy Girl."

es, and although she embarked on a medical treatment as previews began, she never missed a show and gave magnificent performances," said Lynne Meadow, artistic director of the Manhattan Theatre Club, the last stage on which Redgrave performed. "There wasn't a stagehand, a press rep, a box-office person who didn't worship Lynn."

Redgrave is survived by three children, six grandchildren, her sister Vanessa, and four nieces and nephews. **HILLEL ITALIE/MICHAEL KUCHWARA (AP)**

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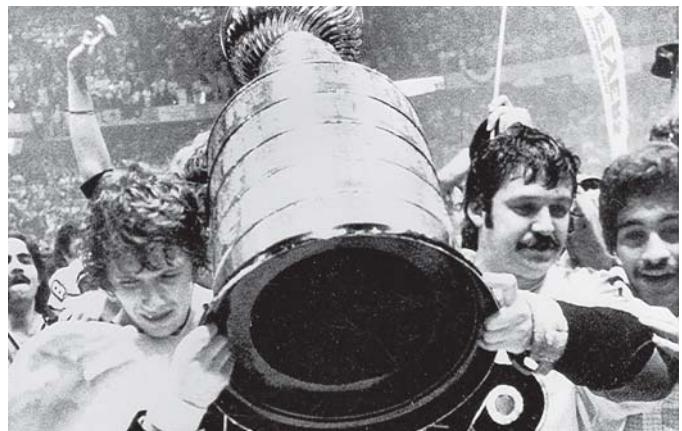
90210 Navid realizes he still has feelings for Adrianna after she turns to him while struggling to write a new song for Laurel. Adrianna records a duet with a pop star, who quickly charms her. Meanwhile, Annie confronts Debbie and Harry about their recent problems.

CBS
8:00

NCIS Vintage-movie buffs may find contemporary echoes of the classic film "Laura" in this new episode, in which DiNozzo (Michael Weatherly, right) gets overly involved in the search for a murder victim's missing sister, a woman he's never met. Ashley Scott, Rena Sofer and Kerrie Keane guest-star.

ABC
10:00

VERA Erica, Ryan, Father Jack and Hobbes learn that Anna has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler his invitation to the Live Aboard program. Chad confronts Father Jack in the new episode "Hearts and Minds." (TRIBUNE MEDIA)



HBO

Bad Boys On Ice

BROAD STREET BULLIES

HBO
10:00

This documentary recalls the championship seasons and bad rep of the Philadelphia Flyers, who won back-to-back Stanley Cups in 1974 and 1975. The Flyers took hockey's brawling tradition to new extremes, earning them record time in the penalty box.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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Get Schooled

"Frontline" (10 p.m., PBS) asks: Are students really getting their money's worth out of higher education? The episode "College, Inc." reviews how for-profit universities (Michael Clifford, above, owns a few) transform the way we think about college. (TRIBUNE MEDIA)



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COMMENTER PHILIMUS

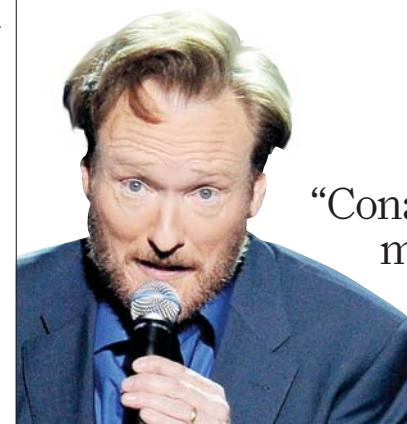
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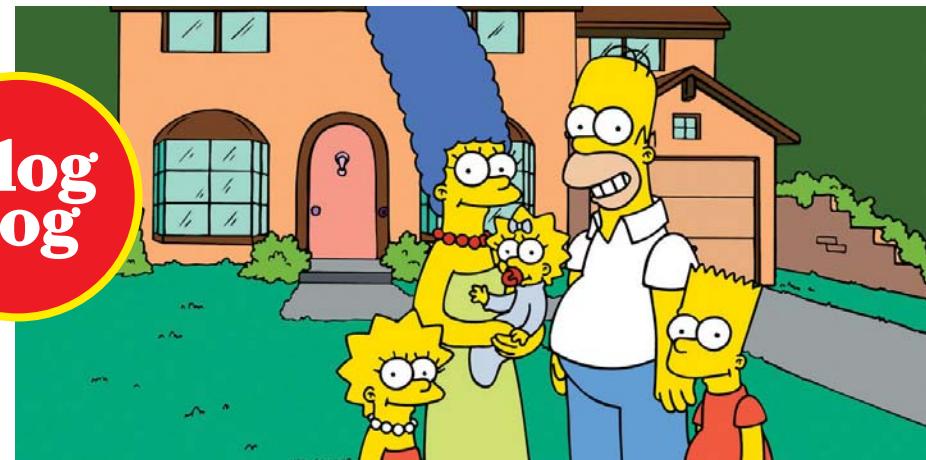
"It looks like we're going to get a little medieval time with the blue boys, but then they're going to time-zap them into the present."

— PS238PRINCIPAL.LIVEJOURNAL.COM THINKS THAT, BASED UPON HANK AZARIA'S APPEARANCE ON A NEW YORK STREET DRESSED AS GARGAMEL, THE UPCOMING "SMURFS" MOVIE WILL BE SET IN MODERN TIMES.



"Conan gave an honest, heartfelt interview that humanized him, made him sympathetic, and even more likeable. Everyone already thinks Conan got screwed. A '60 Minutes' score just makes it official."

— AMOK.COM/BLOG THOUGHT CONAN O'BRIEN, WHO WILL BE HOSTING A NEW LATE-NIGHT SHOW ON TBS, SCORED SOME POINTS IN THE COURT OF PUBLIC OPINION BY DOING AN INTERVIEW WITH CBS' MIKE WALLACE.



"We have declared ['The Simpsons'] dead upward of a dozen times, but ... this descriptor has not and will not be any more appropriate than it is in the wake of [Sunday] night's opening credits."

— UPROXX.COM WAS NOT IMPRESSED WITH THE FOX CARTOON'S INTRO SCENE, WHICH FEATURED THE KESHA SONG "TIK TOK."

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Horoscope

TAURUS (April 20-May 20) You may be after a kind of help that is not really available to you — at least not right now. You may have to go it alone.

GEMINI (May 21-June 20) Even though you may not be feeling on top of your game, you'll be able to guide others through a set of fixed obstacles.

CANCER (June 21-July 22) Even though you've only just recently signed on with a certain project, your duties are likely to be more than you had expected.

LEO (July 23-Aug. 22) You may find yourself more able to communicate effectively with someone as a professional partner than as a romantic attachment.

VIRGO (Aug. 23-Sept. 22) Make sure that you have a backup plan in place and ready to go. You're not likely to encounter resistance to a novel idea.

LIBRA (Sept. 23-Oct. 22) It may seem as though others are speaking in code; you know that they're speaking to you, but you don't recognize the language.

SCORPIO (Oct. 23-Nov. 21) Forces beyond your control will affect the quality of your endeavors, but you can still enjoy yourself a great deal.

SAGITTARIUS (Nov. 22-Dec. 21) Don't take the actions of others personally; there is no reason to think that you are the cause of their erratic behavior.

CAPRICORN (Dec. 22-Jan. 19) You may find many are willing to jump at a chance you create for them. As a result, you'll enjoy increased status.

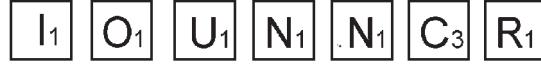
AQUARIUS (Jan. 20-Feb. 18) Someone who knows you quite well is able to see right through you — so why waste any energy at all trying to deceive?

PISCES (Feb. 19-March 20) The environment is likely to play a singular and significant role in your affairs. Plans may have to change because of the weather.

ARIES (March 21-April 19) Others simply want to be around you at this time — for no reason, it may seem to you. You can make them happy by granting simple requests.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 211



1st Letter
Triple

Double
Word Score

Yesterday's Solution

E ₁	X ₈	O ₁	T ₁	I ₁	C ₃		RACK 1 = 15
S ₁	T ₁	I ₁	B ₃	I ₁	U ₁	M ₃	RACK 2 = 62
G ₂	U ₁	N ₁	F ₄	I ₁	R ₁	E ₁	RACK 3 = 61
P ₃	I ₁	N ₁	K ₅	E ₁	Y ₄	E ₁	RACK 4 = 98
							PAR SCORE 150-160 TOTAL 236

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

5		9		3		
8		1	7	6		4
				8		
	1	2				6
	9					4
5	7				2	1
			5			
1		6	9	7		2
	2			1		7

Yesterday's Solution

5	9	2	1	6	8	4	3	7
6	3	4	7	9	2	1	5	8
7	1	8	4	3	5	2	6	9
4	5	1	6	2	7	9	8	3
3	2	6	9	8	1	5	7	4
9	8	7	3	5	4	6	1	2
2	4	5	8	7	6	3	9	1
1	7	9	5	4	3	8	2	6
8	6	3	2	1	9	7	4	5

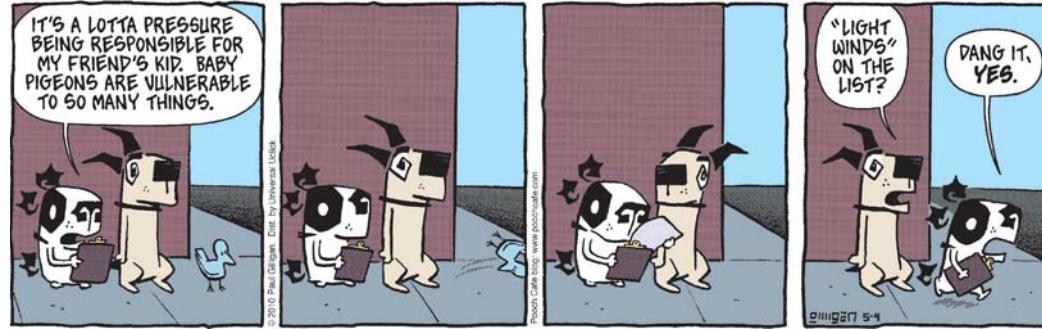
Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

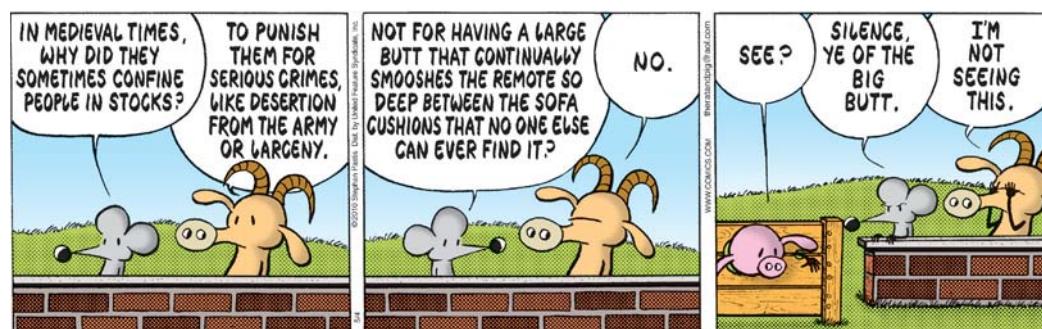
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



82 | 56

Today: A thunderstorm in spots this afternoon. Mainly clear tonight.



79 | 61

Tomorrow: Sunshine and nice tomorrow. Mainly clear tomorrow night.



Looking Ahead



86 | 60 | 80 | 58 | 70 | 48



Sun and Moon

Sunrise today: 6:07 a.m.
Sunset today: 8:03 p.m.
Record high: 91
Moonrise today: 1:08 a.m.
Normal low: 51
Moonset today: 11:08 a.m.
Record low: 36

FORECAST BY ACCUWEATHER.COM ©2009

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lookout puzzles

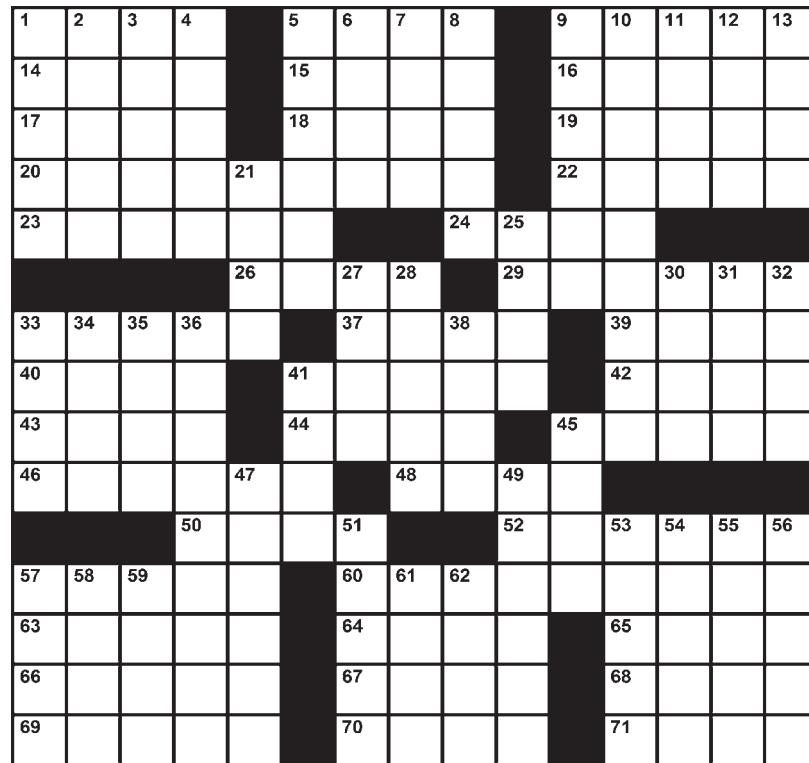
Crossword

ACROSS

1 Head infestation
 5 Frazzled
 9 Checklist units
 14 Winged
 15 Medicinal lily from Africa
 16 Daphnis' love
 17 Warm-hearted
 18 Stir up
 19 Blow a gasket
 20 Do more than get the sniffles
 22 Natalie and the old king?
 23 Magazine bigwig
 24 It's served in shreds
 26 Nice 'N Easy user
 29 Shrug-of-the-shoulders feeling
 33 Headlock?
 37 Fancy wheels
 39 "This is fu-u-u-un!"
 40 British blueblood
 41 Move stealthily
 42 Vague quality
 43 Daring skirt
 44 Toledo's lake
 45 Winona of Hollywood
 46 Public TV donation
 48 Passionately studying
 50 Many wapiti
 52 Person of great interest?
 57 To-the-max prefix
 60 A cappella singer's need
 63 Very religious
 64 Chess piece
 65 Centers of pride
 66 Hand-operated implements
 67 Case for small toiletries
 68 "Lymph" follower
 69 Sung correctly
 70 Have coming
 71 Nancy of mysteries

DOWN

1 Jousters will stick it to you



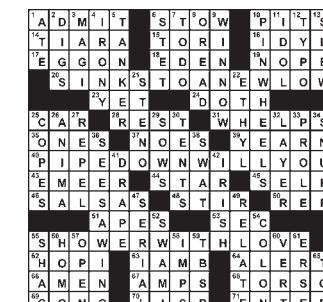
EDITED BY TIMOTHY E. PARKER

2 Trojan War epic
 3 Spiny plants
 4 On two feet
 5 Rallying shout
 6 Miscellany
 7 Take a turn, in some games
 8 Obligations
 9 Polar sight
 10 Disposable
 11 Last Jewish month
 12 Put on a long face
 13 Tennis units
 21 Brick transporters
 25 Emit light, like some pointers
 27 Abu Dhabi VIP
 28 Half-diameters

30 Pound sound?
 31 "Take this"
 32 Sophomore, for one
 33 Fill-in at the office
 34 Marsh resident
 35 Fish-eating eagle
 36 Obsolete math aid
 38 Secluded vale
 41 Try to track down
 45 Hash-a-nah
 47 Glazed, as eyes
 49 Put to bed
 51 Indulgence
 53 Knock for a loop
 54 Extreme hardship
 55 Lyric form
 56 Repair stitching
 57 Not more than

58 He has his pride
 59 Expropriated
 61 Minuscule amount
 62 Series of gigs

Yesterday's Solution



Today in History

1776 Rhode Island declares its freedom from England.

1970 Four students protesting against the Vietnam War are killed by National Guard members at Kent State University in Ohio.

1989 Tens of thousands of Chinese students march to Tiananmen Square, calling for freedom and democracy.

express



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people lookout

PUNISHMENT

Father Endorses Five-Year Grounding

Michael Douglas believes his son's five-year sentence for dealing methamphetamine could be a lifesaver, he told NBC's "Today" show Monday, describing the prison term as "adequate." Douglas said he hoped incarceration would give 31-year-old Cameron Douglas time to kick his drug habit. "He was going to be dead or somebody was going to kill him," Douglas said. (AP)



PROCLAMATIONS

More Exciting Than Ricky Martin, Less Exciting Than Lance Bass

Country singer Chely Wright is gay, she told People magazine. "Nothing in my life has been more magical than the moment I decided to come out," she says. Wright felt the country music world shunned homosexuality: "There had never, ever been a country music artist who had acknowledged his or her homosexuality." (EXPRESS)



Dirtbag Digest

Are You There God? It's Me, Dina

Michael Lohan says a plane he was on was hit by lightning Sunday while in flight, TMZ.com reported. The plane was damaged enough that the passengers had to switch to a different jet during a scheduled layover in Atlanta. "You know Dina was praying for it," he quipped. (EXPRESS)

Chely Wright plans to use People magazine to announce all her life milestones.



BLAME Phones Acted Alone

Naomi Campbell told Oprah Winfrey that she feels "a great sense of shame" about her violent outbursts, which notably include phone-throwing. Campbell blames feelings of abandonment: "It's not just, 'I don't get what I want. I throw ...' It comes from, I think, an abandonment issue ... just trying to build up a family around me that's not my immediate family. If I feel a mistrust ... my cards go down." (EXPRESS)

STEVE PARSONS/AP

TRANSLATION 'Working on Marriage,' Aka 'Revising Prenup'

David Boreanaz says he's been unfaithful to his wife, Jaime Bergman. "Our marriage has been tainted with my infidelities," he told People.com. "I just want to be open and honest." The actor came forward after a former mistress threatened to contact the media. The couple are now "working on our marriage. We're working on repairing what has been damaged so badly." (EXPRESS)

"I think there has always been a negative stigma surrounding tattoos, especially on women."



— KAT VON D, WHO TOLD USMAGAZINE.COM THAT TATTOOING SHOULD NOT BE BLAMED FOR MICHELLE "BOMBSHELL" MCGEE'S AFFAIR WITH JESSE JAMES.

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